

“The Map”

**Stress
Adaptation**

**Brain &
Body Fuel:
Food**

**Anti-
inflammation**

**Rejuvenating
Sleep**

**Identify
Genetic
Risk**

**Healthy Living Practices for
A Clear, Creative, Vibrant Mind**

**Exercise &
Movement**

**Cleansing &
Outflows**

**Intestinal
Ecosystem**

**Nutrient &
Hormonal
Repletion**

**Brain
Train & Tune**

Golden Milk / Turmeric Tea

if on blood thinners check with doctor

yield 4, 3 minutes

Turmeric Tea or Golden Milk a great drink to receive the benefit of Turmeric daily. A nice warm night time drink

Ingredients

- 2 cups of milk of choice (almond, coconut or dairy all work in this recipe)
- 1 teaspoon Turmeric
- (Optional) 1/2 teaspoon Cinnamon
- Pinch of black pepper (for absorption)
- To taste mildly sweet: raw honey / stevia
- Tiny piece of fresh ginger or 1/4 tsp powder
- Pinch of cayenne pepper (optional)

Instructions

- 1 Blend all ingredients in high speed blender **or shake in jar until smooth**
- 2 Place in sauce pan, heat for 3-5 minutes over medium heat until hot, not boiling.



Notes

This may stain blenders and counter tops. The color isn't harmful and will eventually fade. Recipe can be halved or doubled if needed.



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